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Mahamad Accord, CEO of the Tacalusa Institute, a human rights organization, has been outspoken about police in Edmonton disproportionately targeting people of colour.

KEVIN TUONG/METRO

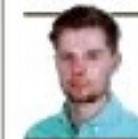
## QUESTIONING CARDING

Advocates want more data on the 26,000 ID checks done by police every year **metroNEWS**

## Parents say no to city's vision for Whyte Ave. plan

OLD STRATHCONA

### Connections won't inundate school road with traffic, city says



Jeremy  
Simes  
Metro | Edmonton

A senior city planner says Edmonton isn't going to ruin Old Strathcona with vehicle traffic, after a parent group raised alarm over potential road connections featured in a draft vision for the area.

The draft, released in late October and called Plan Whyte, outlines the city's long-term vision for how Old Strathcona could evolve over the next 30 years.

It proposes to potentially link Gateway Boulevard to 80-, 84-, 85- and 86-Avenues.

The connections aren't set in stone, as the city wants to hear from citizens before making final decisions.

But Elena Price, who's on the board of executives for the King Edward Advisory Council, became concerned with the proposal because the 85- and 86-Avenue

links run directly by Kind Edward School. Price doesn't want to see those links become major roadways.

"There would be huge safety concerns for all of the students," she said. "The road is way too congested already, especially when there are school buses parked in the morning."

Erik Backstrom, a senior planner with the sustainable development department, assured Metro that 85- and 86-Avenues wouldn't become inundated with traffic.

"It's not our intention to create a super-highway running across King Edward School," Backstrom said.

He said the 85 Avenue connector would likely be created solely for pedestrians and cyclists.

As for 80 Avenue, Backstrom said there's potential for at least one road so that traffic on Whyte Ave can be softened.

"I envision 80 Avenue looking like 83 Avenue looks today," he said.

But connecting 80 Avenue to Gateway will depend on the future development of the current rail yard in the area.

The Old Strathcona Farmers' Market would also have to be consulted as its parking lot is also nearby.



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## CHINATOWN

### Living Bridge still dividing community



**Kevin Maimann**  
Metro | Edmonton

One person's eyesore is another's community hub.

The Chinatown and Area Business Association is continuing to call for the removal of the abandoned railway bridge that hosts the Living Bridge, a footpath and garden over 97 Street at 105 Avenue at the entrance to Chinatown.

"This is the one thing we've been asking for, and we continue to asking for that, and we keep asking for that until one day it's going to happen," said the association's executive director Ratan Lawrence.

The business association has been calling for the railway bridge's removal since 1997.

"At the moment it is not just an eyesore. It's kind of like a barrier. It's almost separating Chinatown from the rest of downtown and beyond," Lawrence said.

Her bigger concern, however, is she sees the bridge is a hotbed of illegal and unsightly activity.

"All year round you can find needles and human feces on the wall of the bridge," she said.

She added drinking, fighting, "indecent acts" and lewd graffiti to the list of reasons many people feel unsafe around the bridge.

But Rylan Kafara, program lead with Boyle Street's Inner City Recreation and Wellness Program, has a different view. He sees the bridge as a "community connector" where people garden, make art and play music.



**At the moment it is not just an eyesore. It's kind of like a barrier.**

Ratan Lawrence

"It's a really positive space in the community and it's not problematic. I've never felt unsafe up there," he said.

The city is working with the city's McCauley Revitalization team to make the bridge a more welcoming place. Kafara feels removing the bridge would not solve any of the issues around illegal activity.

"You'll just be pushing people away. You won't be addressing the issues that the vulnerable people in Edmonton are facing," he said. "Putting it somewhere else isn't going to help anyone."

## Vintage bikes take centre stage at store

### ANTIQUES

#### Former IT professional opening Curiosity Inc.



**Ameya Charnalia**  
For Metro | Edmonton

Growing up, Alexander Archbold was usually the only kid among senior citizens selling antiques in shopping malls.

The antiques bug bit him early — at 12, to be precise.

Now, the 37-year-old is dropping out of a successful IT career to open a one-of-a-kind antiques store specializing in vintage motorcycles, in the west-end.

Archbold will open Curiosity Inc. near 164 Street and Stony Plain Road on Dec. 1.

"What I wanted was a really cool, weird antique store," he said.

"I think it was the early passion, just being curious about the past and curious about our history. That's what kind of inspired me to think of that name."

Spanning two floors, the store



Alexander Archbold with some of the wares soon to be on offer at his new Edmonton store, Curiosity Inc. KEVIN TUONG/FOR METRO

will feature vintage motorcycles, trading artifacts, statues, antique toys, records, guitars and other instruments.

"I want people to walk in through the door and have an emotional feeling, like they feel like they've entered King Tut's tomb, or some kind of mythical land that you only see on movie sets," said Archbold. "I'm trying to bring a bit of that drama and

excitement, and not just in how I'm going to decorate, but in the types of products I sell, too."

Perhaps the most fascinating items for sale at the new store will be the vintage bikes.

Archbold became a fan as a teenager and has collected vintage motorcycles over the years.

Models he plans to sell include German and British brands, in varying condition, spanning mul-

tiple decades.

While he is apprehensive about opening a business during a recession, Archbold remains optimistic.

"I could hold my breath and wait five to 10 years and wonder, 'What if?' Or I could just dive in and live my dream," he said. "I think that if you're passionate enough about something, then success will follow."

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# Running it up the flagpole

CIVIC PRIDE

## Designer's effort at new city banner goes to public



**Jeremy Simes**  
Metro | Edmonton

Flag designer Ryan McCourt isn't keen to be in the spotlight — he doesn't want to overshadow the gift that could be Edmonton's new flag.

"It doesn't matter who designed it," McCourt said. "The idea of it being presented from the grand chief to the mayor seems more like an important thing."

Mayor Don Iveson has tasked city administration to collect feedback on McCourt's flag, which was presented by the Confederacy of Treaty 6 First Nations earlier this year.

City staff will also collect feedback on the city's current flag, which bears Edmonton's coat of arms.

McCourt's flag depicts a sun



Ryan McCourt says Edmonton's current flag is in dire need of a redesign. KEVIN TUONG/METRO

rising from a hill amid a purple sky; a blue river also runs through the middle.

It's a symbol that reminds non-indigenous and indigenous people alike that the treaty isn't time-limited but enduring.

"As long as the sun shines,

**“Most people don't even know that Edmonton has a flag.”**

Ryan McCourt

as long as the grass grows, and as long as the river flows," McCourt said.

Edmonton's current flag is also in dire need of a redesign, he added.

"I would say most people don't even know that Edmonton has a flag," he said. "The

No. 1 thing you shouldn't do is put your city coat of arms on a flag. That's just bad design."

Iveson agrees.

He says the current flag largely doesn't meet the five basic symbols of good flag design, which include keeping it simple, using meaningful symbolism and few colours, using no lettering or coat of arms and being distinctive.

Plus, the city's coat of arms will continue to kick around despite a potential flag change, Iveson adds.

"I am not suggesting that we change the city's crest, which is rich in meaning and symbolism," he said. "In fact, it's one of my favourite features when I'm touring guests around city hall."

He said McCourt's flag represents the importance of reconciliation.

It also embodies Edmonton's official colours: gold and purple, which symbolize positive beginnings and bright futures.

"I'd hate to see the importance of the symbolism of that gift denigrated," McCourt said. "The fact that this was a gift is very important."

WILDFIRE AFTERMATH

## Red Cross study eyes Fort Mac

Melanie Dene still remembers the harrowing ordeal of driving through fiery hell during the evacuation of Fort McMurray six months ago with her two young daughters.

The chaos of traffic-choked roads and flames so hot that her car stalled — its engine on fire — are fresh in her mind.

"It was scary and I was like 'Oh my God,'" she said. "I just started praying and telling my girls that it was going to be OK."

Dene and her family lost their home and all of their belongings but made it out safely. They now live in Edmonton.

She and others are now the subject of a research study into how the wildfire affected First Nation and Metis communities in and around the Fort McMurray region.

The Canadian Red Cross is funding research, which involves talking to people whose homes were destroyed in the city, who faced food shortages in outlying communities and those who can no longer hunt, trap or pick berries. THE CANADIAN PRESS

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## SAFETY ISSUES

# Standing pipes to stay on High Level Bridge



**Jeremy Simes**  
Metro | Edmonton

City officials were barred from removing pipes that create a "safety hazard" for cyclists and pedestrians on the High Level Bridge, after council voted to keep them.

Metro obtained documents through freedom of information that reveal that after suicide barriers were installed this year, city

engineers responded to cyclists' space concerns by proposing to remove six standing pipes, located at the "pinch" on the north end of the east pathway.

But the documents show council wanted the pipes left alone. Officials noted the pipes, which sprayed water for the now defunct Great Divide Waterfall, reduce the width of the sidewalk by 20 centimetres — an issue as the addition of suicide barriers earlier this year reduced the east pathway width from 2.4 to 2.2

metres.

In a May 2016 email, city bridge engineer Shiraz Kanji told officials the pipes are "causing a restriction and a safety hazard" for pedestrians and cyclists.

"Since the waterfall is now defunct, I see no reason not to start the decommissioning of the waterfall piping by removing the standpipes," he wrote.

But once the city consulted with EPCOR, it realized the waterfall is registered in the city's art inventory, according to the email

response from City Project Engineer Po Sun. Sun said in the email that councillors made a decision to keep the pipes — in case they want to revitalize the waterfall in the future.

"Instead we recommend that caution or hazardous signs be strapped on both sides of this cluster of pipes," Sun said.

Chris Chan, executive director of the Edmonton Bicycle Commuter's Society, said they'd like the pipes gone but it isn't "the most urgent thing in the world."



Earth Group co-founders Matthew Moreau and Kori Chilibeck with young friends in Bolivia. They financed 500,000 school meals for children there last year. SUPPLIED

## Partnership to feed kids

## CHARITY

**Local company signs with Ikea to sell water, proceeds to UN**



**Kevin Maimann**  
Metro | Edmonton

An Edmonton company that sells water, tea and coffee to feed children just struck its biggest deal yet.

Earth Group has signed on with IKEA to sell its 'Earth Water' product in all stores across Canada in support of the United Nations World Food Programme.

"Obviously the volume, given IKEA's size, is enormous. So that just means our sales are higher and we can feed and educate even more kids, so that's fantastic," said Earth Group co-founder Matthew Moreau.

Earth Group donates its net profits, and allocates the funds

through annual meetings with the UN. Recent projects include providing 250,000 meals for children in Kenya and 500,000 in Bolivia. With an expanded customer base, Earth Group has committed to providing one million meals in 2017.

Moreau and business partner Kori Chilibeck started Earth Group more than a decade ago, carrying backpacks of water and knocking on doors of businesses around downtown and Whyte Avenue.

"Both of us, through some travel, started to realize we live in this bubble here and we're so lucky to have what we have," Moreau said.

"(We thought) why couldn't a company have a good product and have a good culture and operate on a global scale, but at the end of the day give back to the people who really need it most?"

The group's Earth Water product is available in dozens of cafés, fitness centres and yoga lofts, as well as grocery store chains like Sobeys and Safeway.

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# MLA wants end to carding

**POLICE**  
**Advocates say some groups are targeted more often**



**Kevin Maimann**  
Metro | Edmonton

An MLA has renewed his calls for Alberta police to stop the practice of carding in the province, arguing it violates the Charter of Rights and Freedoms.

In Tuesday's Question Period, Calgary MLA — and former police officer — Mike Ellis demanded the government stop police services in the province from conducting the random identification checks, which have come to be known colloquially as carding.

"This is really not a debatable issue," Ellis told Metro Thursday. "It's in the Charter of Rights and Freedoms that every one has the right to not be arbitrarily detained or imprisoned."

Edmonton Police Services said it conducts about 26,000 checks annually.

Staff Sgt. Brent Dahlseide, who works Edmonton's downtown beat, said race data is "very rarely" collected and police would never single out a demographic of people.

He added the checks are a useful tool.

"We definitely do not encourage targeting any demographic whatsoever," Dahlseide said. "That's something we wouldn't tolerate."

Mahamad Accord, CEO of the Tacalusa Institute, a human rights organization, has been outspoken in saying police in Edmonton disproportionately target people of colour for carding — or as Edmonton police call it, street checks.

Accord said many young adults in the Somali community are stopped while walking or driving.

He wants to see detailed data collection on the ethnicities of people being stopped and checked.

"I'm not against carding, as long as they show us that they are not proportionately targeting black, marginalized,



**Mahamad Accord** says people of colour are disproportionately targeted by police street checks, but EPS says that's not so.  
KEVIN TUONG/FOR METRO

aboriginal or people of colour," he said.

Kassia Haynes serves on the executive of Edmonton's Black

Lives Matter organization, and she said the group has heard repeated concerns about carding.

"We feel carding disproportionately affects people of colour in a negative way," Haynes said. "We'd be happy to see the practice abolished, but if carding is going to continue to happen in Alberta, we need more data."

Justice Minister Kathleen Ganley said the Alberta government has heard concerns from community groups who feel carding is not applied fairly, and her department has been discussing the issue with those groups as well as the Alberta Association of Chiefs of Police.

"We want to make sure ultimately that all Albertans feel safe and respected in their communities — that police are able to do their job, but that they're doing it in a way that's not biased," Ganley said.

Ellis worries the practice can lead to racial and socioeconomic profiling that erodes trust between community members and police.

"You can't walk up to somebody and say, 'Hey, you look suspicious, give me your identification,'" he said.

## CONSERVATION Residents support park: Poll



**Alex Boyd**  
Metro | Edmonton

A new survey suggests that the majority of Edmontonians would be in favour of a new park to protect the source of the city's water in the foothills of the Rockies.

The poll, done by Edmonton-based eNRG for the Yellowstone to Yukon Conservation Initiative, asked 400 city residents if they'd support more protection for the Bighorn region: 83 per cent said yes.

"The vast majority of Edmonton's water — 88 per cent of it — comes from the Bighorn region," said Y2Y program director Stephen Legault, adding that the area currently faces risk of contamination from coal mining and off highway vehicle use.

The area known as the Bighorn Backcountry is a large area of mountains and foothills directly east of Banff National Park. About 5,000 square kilometres are currently designed as public land use zones.

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**SYRIAN REFUGEES 'A VERY, VERY SPECIAL' TREAT** Justin Trudeau poses for a photo with members of the Hadhad family. The Syrian refugee family who built a chocolate business in Nova Scotia had their product sampled by the prime minister during an unexpected meet-and-greet in Sydney, N.S., last week. A video of Thursday's encounter shows Trudeau embracing Tareq Hadhad and his father, Issam, and calling the family "an extraordinary example of the kind of strength and leadership and engagement that comes with bringing new people to Canada."

"He had been following the story for a while," Tareq Hadhad said Sunday in an interview. "He was so excited. When he came, he knew our names, he hugged us.... It was a very, very special thing for us." PEACE BY CHOCOLATE/THE CANADIAN PRESS

# Panama Papers lead to probe

## TAX EVASION

### 85 Canadians suspected of hiding cash offshore

Eighty-five Canadians identified in the Panama Papers Leak are now being investigated for tax evasion, the Canada Revenue Agency has revealed.

Details of Canada's enforcement effort were provided to Torstar News Service the same week the U.K., which is a major hub of the offshore finance world, said it has launched reviews into 65 suspected tax cheats based on the leaked documents.

"The CRA will ensure that all Canadian taxpayers identified from the Panama Papers are pursued," wrote spokes-

woman Jelica Zdero in an email.

These numbers represent the first results of a \$444-million investment in the CRA's enforcement capacities, announced in April, days after the massive leak of offshore corporations and trusts.

The CRA confirmed that it had reviewed more than 2,600 records from the Panama Papers, but declined to discuss how it obtained the documents or whether it paid for them, as some European tax agencies have done.

It did say that it obtained tens of thousands of supporting documents from foreign governments and court orders to aid the investigations.

To date, 60 formal audits have been launched into Canadians identified in the leaked database of Panamanian law firm Mossack

Fonseca.

The CRA also said it has executed search warrants and launched criminal investigations, but declined to be more specific.

"In order to ensure the integrity of our criminal investigative work and to respect the confidentiality provisions of the acts we administer, the CRA does not comment on an investigation that it may or may not be undertaking," CRA spokeswoman Lisa Damien wrote in an email.

Canada loses an estimated \$6 billion to \$7.8 billion in tax revenues to offshore tax evasion every year. Despite this staggering number, the CRA hasn't been very successful in prosecuting offshore tax schemes, having convicted only 49 people and levied \$13.4 million in fines since 2010.

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## OCEANS

# Killer whales at great risk: Scientist

For an endangered species of killer whales, the loss of a young female has some experts worried that the population may reach a point where it stops growing.

There are only 80 killer whales among the southern residents — a clan of orcas that lives in the waters off southern B.C. and Washington State — and the death of each female is a lost opportunity to increase the pod. Ken Balcomb, senior scientist for the Centre for Whale Research, said the recently deceased orca called J28 follows a trend of females dying late in pregnancy or not long after giving birth.

"This has got to stop," he said. "The population is not going to recover if we don't have reproductive females."

J28 gave birth to a male calf last year. Researchers noticed something was wrong last January, Balcomb said, when she began losing weight. The 23-year-old orca died in October — her calf also looked thin, and Balcomb said his survival without a mother was unlikely.

J28's body was not recovered so the cause of death is uncertain, but Balcomb suspects inadequate food and toxins are to blame.

THE CANADIAN PRESS



On the left, J28 is robust and pregnant. A year later, on the right, she and her calf appear thin.

VANCOUVER AQUARIUM



#WomenOnBoards

A four-part Metro special focus

# 'No reason boards can't be 50/50'

EQUITY

## Gender parity lacking beyond federal cabinet, analysis shows



**Ryan Tumilty**  
Metro | Ottawa

Prime Minister Justin Trudeau's concise "Because it's 2015" explanation of why it was important to him that an equal number of men and woman make up his cabinet gave many people hope that gender parity would extend beyond his ministry.

But an analysis by Metro reveals federal Crown corporations still have a way to go before their boards are comprised of as many woman as men.

There are a total of 399 appointees spread out across the various boards of directors of the 42 federal Crown corporations. Of those, 135 appointees — or 34 per cent — are women.

Some fare better than others when it comes to the number of women on their boards. Women hold eight of the 10 seats on the Canadian Museum for Human Rights' board of directors. Over at the International Development Research Centre, seven of the 12 board members are women.

Two Crown corporations — the Canadian Dairy Commission and the Laurentian Pilotage Authority — have no women on their boards.

Many others — including highly influential Crown corporations such as the Bank of Canada (which has four women on its 15-person board) and the Canadian Mortgage and Housing Corporation (which has two women and three vacancies on its 12-person board) — are made up of mostly men. The federal cabinet appoints board members to Crown corporations, typically to multi-year terms.

Raymond Rivet, director of



There are a total of **399 seats** on Crown corporation boards and **135 women** and **264 men** currently occupying those seats. That's almost **two men for every woman**



media affairs with the Privy Council Office, said changing the makeup of the boards is something the government is working on.

"To help the government achieve these goals, the Privy Council Office works with the responsible ministers' portfolio departments and organizations to help ensure that recruitment strategies and outreach are aligned with these objectives," he said in an email.

"Candidates for (board) positions complete an online profile, where they provide information on their second official language proficiency, and voluntarily self-identify as a member of an employment equity group," he said.

Economic Development Minister Navdeep Bains introduced a bill earlier this year, C-25, which

if passed will require publicly traded companies to disclose the gender makeup of their boards.

Neither Bains nor Status of Women Minister Patty Hadju was available for an interview, despite repeated requests by Metro over several days.

Equal Voice spokesperson Nancy Peckford, whose organization advocates for more women

in political office, said the numbers — while better than the gender balance on corporate boards in the private sector — show the government still has more work to do.

"I would say the number is encouraging," she said. "It shows absolutely there is more work to be done."

The government should take

a closer look at the boards of its Crown corporations to determine which ones need a better balance of women and men when it comes time to appoint new members, she said.

"We believe there is no reason that those boards can't be 50/50 men and women," she said.

Equal Voice encourages women to seek political office, though Peckford notes they often need more prodding than men to do so. She says she hopes the government continues its efforts to reach out to women.

"Women tend to question their own skill sets and their value at some of these tables more than their male counterparts," she said. "I don't think it's a lack of commitment. I just think it's putting all the wheels into motion."

### ABOUT THIS SERIES

**THIS WEEK** Metro will look closer at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

### + AT A GLANCE

Some Crown corporation boards fare better than others.

**Boards without any women:**  
 Canadian Dairy Commission  
 Laurentian Pilotage Authority

**Boards with a majority of women:**

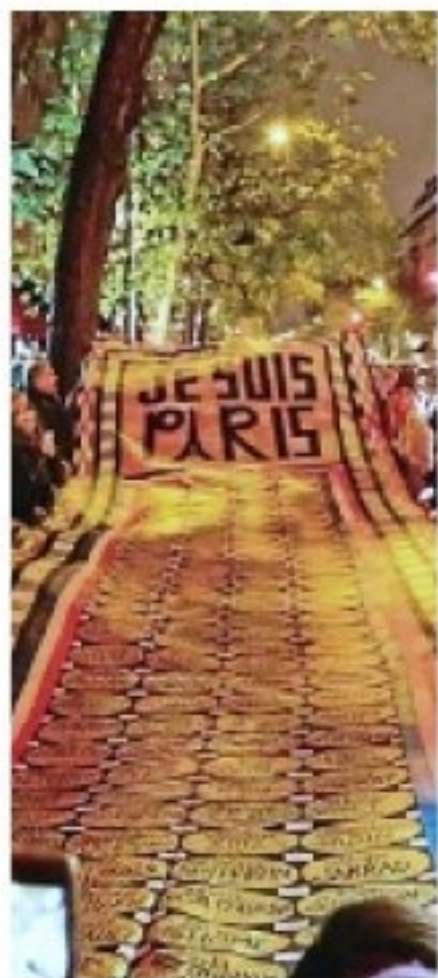
Canadian Museum for Human Rights  
 Federal Bridge Corporation  
 National Arts Centre  
 International Development Research Centre

### WHAT YOU CAN DO



The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag **#WomenOnBoards.**





## Mourning the lost, a year after attacks

Lance McMillan  
For Metro in Paris

Despite the city still being on high alert, many in Paris weren't deterred from coming out to vigils to remember the lives taken one year ago.

At Place de la République, people holding signs saying "free hugs" waited for anyone who was in need of an embrace — many were. Outside the Bataclan, which only just reopened Saturday to a sold-out Sting concert, visitors lit candles and left flowers.

Across the street from the concert hall, a piano was rolled out for anyone who wanted to play a tune for the crowds that had gathered. Mistakes didn't matter here. The emotions that exuded from every song overwhelmed the senses and brought many to tears.

The most moving moment came as a woman played the late Leonard Cohen's Hallelujah as strangers locked arms with each other another and swayed back and forth while singing along.



PHOTOS BY LANCE MCMILLAN/FOR METRO

## DISASTER

## Deadly quake hits New Zealand

A powerful earthquake struck New Zealand's South Island early Monday, killing at least two people, damaging buildings and infrastructure, and prompting emergency services to warn people along the coast to move to higher ground to avoid tsunami waves.

The magnitude-7.8 earthquake struck just after midnight in a mostly rural area that's dotted with small towns.

Near the epicentre, it opened up snaking fissures in roads and triggered landslides.

It caused damage in Wellington, the capital, more than 200 kilometres to the north and was also strongly felt in the city of Christchurch to the south.

Residents said the shaking went on for about three minutes, and was followed by a number of strong aftershocks.

Police said one person died in the small coastal town of Kaikoura and another in Mt. Lyford, a nearby ski resort.

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## IN BRIEF

### Many children among dead as Syria violence continues

At least 11 children were among 23 people killed Sunday in northern Syria as pro-government forces kept up their campaign against opposition areas in the country's north, while rebels shelled a government-held district in Aleppo city.

At least eight more people were killed in a suspected airstrike on a crossing point connecting Kurdish-held areas with rebel areas in northern Aleppo province, the Kurdish security force said.

THE ASSOCIATED PRESS

# Trump taps Reince Priebus for his chief of staff

## U.S. POLITICS

## Republican honcho given top position in White House

President-elect Donald Trump named Republican Party chief Reince Priebus as White House chief of staff and conserva-

tive media owner Stephen Bannon as his top presidential strategist, two men who represent opposite ends of the unsettled GOP.

In bringing Priebus and Bannon into the White House, Trump is making overtures to both traditional Republican circles and the party's anti-establishment wing, which helped fuel the businessman's political rise.

Priebus has deep ties to GOP congressional leaders, particularly House Speaker Paul Ryan. Bannon previously ran the Breitbart website, which was fiercely critical of Republican leadership, including Ryan.

Bannon was notably given top billing in the press release announcing the appointments, a curious arrangement giving that White House chief of staff is typically considered

the most powerful West Wing job.

Under Bannon's tenure, the Breitbart site pushed a nationalist, anti-establishment agenda and became one of the leading outlets of the so-called alt-right — a movement often associated with white supremacy and a defence of "Western values."

Neither Priebus nor Bannon bring significant policy

experience to their new White House roles.

Chiefs of staff in particular play a significant role in policy making, serving as a liaison to cabinet agencies and deciding what information makes it to the president's desk.

They're often among the last people in the room with the president as major decisions are made.

THE ASSOCIATED PRESS



Reince Priebus  
THE ASSOCIATED PRESS





## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION I held the door open for someone at a very busy chicken place and then they cut in front of me in line. Do I accept this?

Dear Ellen,

Whenever possible, I hold the door for people, but at my local Portuguese barbecue chicken place, the line is always long and the service (unlike the chicken) leaves a bit to be desired. The last two times I went, I reached the door a millisecond ahead of the next patron, and both times I held the door open, and let them enter before me. But neither time did the other patron say anything like "You held the door; of course I won't go ahead of you in line." No, both times they happily let my door holding allow them to be served ahead of me. In total, I lost several minutes to my door manners.

Do I need to hold the door when I can see it leading to inconveniences? And am I wrong to think that people shouldn't use door-holding as an excuse to add to the frustrations of the person kind enough to hold it?

Door Holder

Dear Door Holder,

There's something about people cutting into a line that brings out the child in some of us — possibly because it harkens back to that horrifying childhood moment when we realize the world is not fair. Our loss of innocence begins on the day we find out that, even if we behave properly and follow the rules, no one

**After the vitriol of the U.S. campaign, I realized how stupid I was to get mad at people who cost me a few nanoseconds.**



can guarantee we'll get the justice we deserve.

I personally find it enraging when people crowd onto the streetcar ahead of me after I've politely queued behind everyone who was there before me. It's also super annoying when you're at the supermarket checkout with one item, and someone with a full cart dives ahead of you.

I'm ashamed to admit how much time I spend thinking up "cutting" remarks that will shame them into better manners, which would be ironic since the remarks I come up with would be blatantly rude.

Believe it or not, the U.S. election last week improved my attitude. Regardless of whose side you were on, I'm sure most people felt trepidatious, even up here in Canada, as to what would happen.

So I was hyper-aware of everyone around me as I set out to pick up a Metro News from the corner box, and walk to my local café. I had to dodge the usual late-for-work drivers wheeling through right-hand turns without looking and pedestrians weaving all over the sidewalk as they stared at their phones. But I dodged them without my usual sense of angry indignation. After all the

nasty vitriol of the campaign, followed by Hillary's gracious high-road concession speech, I realized how stupid I was to get mad at people who cost me a few nanoseconds here and there.

If you want to be polite, you have to accept that sometimes it can result in inconvenience. What I see when you open the door, stand aside and generously let someone else go ahead of you in line is a generous and well-mannered person who is making the world a better place.

**Need advice?**  
**Email Ellen:**  
scene@metronews.ca

## VICKY MOCHAMA

### Glamour magazine defines 'woman' in mysterious ways

The era of women is over.

"What era?" you ask.

"I can't hear you over this buzzing sound," I would answer. The buzzing sound is thousands of women opening up Glamour magazine to find that Bono from popular iPhone band U2 is one of their Women of the Year.

"Is Bono a woman?" you ask.

"Bono is not a woman," I would answer. I know this because I am a woman. And Bono doesn't know our secret handshake.

None of this matters to Cindi Leive, Glamour's editor-in-chief, who said, "The idea that a man who could select any cause in the world to call his own, or no cause at all, is choosing to work, and not just for one night or at a special event, but consistently day after day and month after month on behalf of women, is incredibly cool and absolutely deserves applause."

Bono's anti-poverty work is deserving. His philanthropic range is admirable: Product RED, the ONE campaign, making Paul Martin seem cool.

Still, and maybe it's just nitpicking, but he's not a woman. What Glamour sees as overdue recognition is irritating.

First, Bono identifies as a man. He just does. Call him your man of the year. Invent a word (may I suggest GlamMan?) but don't confer the honour of womanhood on him when he neither needs nor wants it. We

needn't condescend to men.

This seems like the start of a troubling pattern. Are human women passé now? Is there some kind of fatigue with corporeal female beings? When the UN named Wonder Woman as their ambassador, we should have known that it was the beginning of the end.

I haven't checked the statistics, but a quick survey of the women I know shows that they haven't been recognized as a Glamour Woman of the Year. Even if we are running out of women, there are at least a few left who haven't been recognized. Or maybe we are out of women. Surely someone would have noticed if the global population of women were rapidly declining.

We should be cautious in how we reward men who work on behalf of women. For every Bono, there are likely thousands more women working in decidedly unglamorous conditions who will go unrecognized. Even in Bono's case, there are so many women who make it possible for his work to even have any impact — African grandmothers for one.

As women from different political backgrounds contend with the Hillary Clinton loss, the spotlight should stay on the women who do the tough, uphill and unglamorous work of advocating for women's lives.

Let's be wary of giving men a standing ovation when human women still barely get a round of applause.

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## Living for tomorrow instead of just today

Daniel and Emily Teo set up their own financial systems in order to avoid pitfalls with money. As a result, they have paid off their student loans, travelled and bought property in Toronto. The engineers share their tips for fellow millennials on a personal finance blog called Urban Departures. CONTRIBUTED

### PERSONAL FINANCE

#### Getting by in life 'paycheque to paycheque' a growing reality

**Melissa Dunne**  
For Metro Canada



Even Drake hardly uses the phrase YOLO (you only live once) anymore, but many of his fellow Canadians still subscribe to the motto when it comes to their finances.

A new survey from the Financial Planning Standards Council (FPSC) found that 35 per cent of respondents said "they live for today and let tomorrow take care of itself."

Numbers show Canadians really do seem to be living for today, with little thought given to how they will pay for tomorrow. A staggering 40 per cent of the survey respondents said if they lost their job or other main source of income, they

would only have enough money to continue paying their living expenses for four weeks or less, and 19 per cent said they would run out of money after just one week.

Kelley Keehn, FPSC's consumer advocate, does not advocate taking a YOLO attitude towards finances. The Gen Xer encourages millennials to start young, and aim to have about six months of living expenses saved up for that inevitable rainy day.

For those looking to pay for some professional help, Keehn suggests going to findyourplanner.ca to find a certified financial planner. There are also many free online tools available, added the author of nine books on finance.

"You really need to have a solid financial plan," said Keehn in a phone interview.

#### HAVE SOME PRUDENCE

About one in four respondents to the FPSC survey said they worry "almost constantly" about money. Bridget Eastgaard, 30, used to be no different.

#### BY THE NUMBERS

**40%**

If they lost their job, 40 per cent of Canadians would only have enough money to live on for four weeks or less.

**19%**

According to the Financial Planning Standards Council, 19 per cent said they would run out of money in just one week.

When the Calgarian was in university her mind was preoccupied with her growing debt. While the millennial was able to land a full-time job shortly after graduation, she didn't know how to dig herself out of about \$20,000 of student debt.

"I literally Googled 'how to

pay off student loans,'" said Eastgaard in a phone interview.

It turned out she was a quick learner and was able to pay off her debt in just 22 months, by working full time, plus doing tutoring on the side.

She became so passionate about finances that she eventually went back to school to get a degree in finance and now works full time on her business, the blog Money After Graduation.

Fellow millennials Daniel and Emily Teo, also have a passion for finance.

The two engineers/bloggers of the personal finance blog, Urban Departures, use what Daniel, 31, calls "systems."

"We have better things to do with our time, so we set up systems," said Daniel, a dad to two kids under four, in a phone interview.

The systems include having a budget, tracking the budget, looking at the statistics and understanding the trends, explains Daniel. This strategy has worked quite well for the Teos, who over the past decade have



After paying off her student loans in just 22 months, Calgarian Bridget Eastgaard became passionate about finances. She now runs a blog titled Money After Graduation. CONTRIBUTED

paid off their student loans, travelled, and bought property in Toronto.

If you happen to be a millennial millionaire like Drake, you can likely live the YOLO motto every day, every day ... while a team of professionals manages your substantial finances for the future.

For the rest of us mere mortals it's perhaps wise to amend The Six God's lyrics to: YOLOBYMLFALTSHSFP —You Only Live Once (But You Might Live For a Long Time) So Have Some Financial Prudence.

Not quite as catchy as the original motto, but certainly more practical.



# Don't avoid that mess you've made

## PERSONAL FINANCE

### Move forward by facing fear, embarrassment head on

**Gail Vaz-Oxlade**  
For Metro Canada



Have you ever seen the movie *The NeverEnding Story*? The majority of the story takes place in the parallel world of Fantasia, a world being destroyed by *The Nothing*. As *The Nothing* creeps across the land, everything is consumed, leaving behind desolation and emptiness.

The protagonist is a young warrior, Atreyu, who is charged with finding a way to stop *The Nothing*.

I've met people who have *The Nothing* in their lives when it comes to their money.

They are living in a miasma of inaction, the desperation of their circumstances paralyzing them.

They're afraid to look too closely at the mess they've made because that'll crystallize just how dire their circumstances really are.

Sometimes they feel helpless. They even avoid seeking help because they're too embarrassed by the mess they've made to fess up and get help.

If you're sure that what you're doing now isn't working for you, then it's time to make some changes.

For as long as you remain mired in *The Nothing*, you will be eaten by the misery you're feeling.

Face *The Nothing* head on and you will not only overcome the fear and the embarrassment, you'll no longer feel helpless. You'll be moving forward.

It won't happen quickly. It'll take time. And effort. It took time to make the mess, so it'll take some serious effort to fix what's broke.

Set aside the excuses you've been using for why you're in a mess, like, "Gail, I want to make things better, but I just don't know where to start. How can I take money out for the jars if I'm always in overdraft?"

I get this question all the time. Hey, does being in overdraft stop you from buying groceries?

I don't think so. And that's the money you're putting in the food jar.

Using the jars isn't about

finding extra money, it's about taking the money you'd normally spend out of the bank (yes, even off your overdraft) and putting it into your jars, then not spending any more than that.

Eventually, if you've done a budget and you're cutting back on your expenses, you'll have the money to pay off that overdraft because you're

watching where your money goes and you're focused on getting rid of the overdraft.

Here's another excuse I hear frequently: "I can't figure this out. I just don't really have a brain for money. It's too hard. Where can I go to get someone to help me?"

You don't own a pen and a piece of paper? You can't add and subtract?

So many people see the math of money as overwhelming. It isn't. It's Grade 5 math. Seriously. Grade 5. Stop with this excuse!

You can change your life. You can work out your money problems. But you have to want to do it.

And you have to be willing to get off your ass and do the hard stuff it takes to figure

out where you are and where you want to go.

If you let your sense of being overwhelmed, your lack of time, or your waning will-power get in the way,

*The Nothing* will eat you.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

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Set aside the excuses you've been using for why you're in a mess, like, "Gail, I want to make things better, but I just don't know where to start. How can I take money out for the jars if I'm always in overdraft?" ISTOCK



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Kate McKinnon, as Hillary Clinton, singing Hallelujah, the signature song by Leonard Cohen on SNL. CONTRIBUTED

# The consoling power of art

**THE SHOW:**  
Saturday Night Live, Nov. 12, 2016 (NBC/Global)  
**THE MOMENT:** Hallelujah

Sitting alone at a piano, wearing her trademark white pantsuit, Kate McKinnon, as Hillary Clinton, begins singing Hallelujah, the signature song of Leonard Cohen, who died last week. "Oh, that's a nice tribute to Cohen, and to Clinton," you think. "I didn't know McKinnon could sing so well."

But part of you is waiting for her to do something ironic with the lyrics, maybe in the second verse. As she keeps singing, you realize, "Oh my god, she's doing this straight." And then, "Oh my god, this is really, really moving." Next thing I knew, I was sobbing. As an American and a woman, this last week has been a terrible one for me. Witnessing Hillary Clinton's heartbreaking, generous, hopeful concession speech, I was in awe of her strength.

She wasn't going to be the woman who cried. I cried for her.

Every day since, it hits me how much we've all lost in Clinton's loss. Who knows when we'll see a woman U.S. president now? Who knows what will happen to the planet, with a world leader who doesn't believe in climate change? Who knows what will happen to people outside the mainstream, with a unified government against them?

But watching McKinnon in that pantsuit — and everyone at SNL who navigated this bitter election so well (another highlight: Tom Hanks doing Black Jeopardy) — I never felt luckier to be a liberal intellectual. I may be loathed by many of my fellow Americans. But I'm so grateful for the consoling power of art.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## 'That's the sign of a great songwriter'

LEONARD COHEN

### From Oprah to the Olympics, Hallelujah's meteoric rise

There was a time when Leonard Cohen's Hallelujah wasn't even a footnote in the Montreal performer's music career.

The 1984 synth track fumbled its way into release and practically fizzled out, never being promoted as a single.

But it was gradually discovered by performers who eagerly dove into Cohen's lyrical masterpiece and covers began multiplying.

Velvet Underground founding member John Cale was one of the first to reinterpret the song and a cover by the late Jeff Buckley accelerated Hallelujah's meteoric rise from obscurity.

"I couldn't think of any other song that had a trajectory anything like what happened with the phenomenon of Hallelujah," says Alan Light, author of *The Holy or the*

Broken: Leonard Cohen, Jeff Buckley, and the Unlikely Ascent of Hallelujah.

Light adds the song went on to develop incredible range despite its deep lyrics.

"(It's) a song that people sing at funerals and they sing at weddings; that they sing in great celebration in the way he initially intended it — the opening of the Olympics — or it's very melancholy and it's very solitary and sad in the way it gets used in a lot of movies and TV shows."

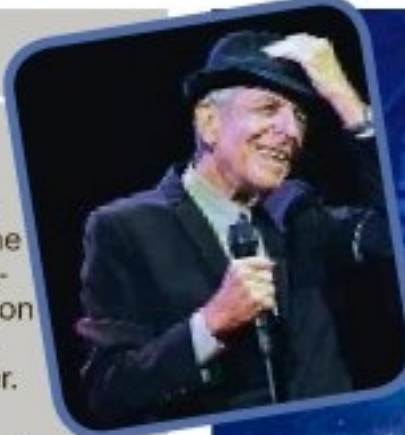
Light has tried to find other songs that have had a similarly unusual journey: perhaps John Lennon's Imagine, Simon & Garfunkel's Bridge Over Troubled Water or Sam Cooke's A Change Is Gonna Come. He says none of them quite compare: "There's a beautiful ambiguity in the song."

When Steven Page was asked to perform Hallelujah at Jack Layton's 2011 state funeral, the former Barenaked Ladies frontman began to reflect on the themes behind Cohen's lyrics. While other covers have skipped some of the darker verses, Page preferred using all of

### FAMILY

#### Cohen's son grateful to fans

Leonard Cohen's son is thanking the public for the outpouring of affection that followed the death of his father. In a Facebook post, Adam Cohen paid tribute to his father's "unique blend of self-deprecation and dignity" as well as his charisma and vast body of work. Leonard Cohen died in his home in LA last week at age 82. THE CANADIAN PRESS



k.d. lang, pictured here performing at the 2013 Juno Awards in Regina, says she cherishes the moment she sang Hallelujah for Leonard Cohen. LIAM RICHARDS/THE CANADIAN PRESS

Cohen's lyrics.

"When you perform the whole song it has a lot more rage, confusion and uncertainty," Page says.

"It's also about disappointing people. That's a heavy topic to broach at a funeral, but I felt like it was the absolute right choice."

Hallelujah also became a staple of network TV shows like *The West Wing*, *The O.C.* and *ER* when producers wanted to evoke a certain spiritual tone.

Vocal group the Tenors credit the song with helping define

their careers. "We've used it in many of the biggest moments we've experienced," says singer Fraser Walters, pointing to an appearance on Oprah where they sang it alongside Celine Dion.

Walters credits Cohen's astute lyrical ability for giving Hallelujah a nuance that let it be reinterpreted countless times over.

"That's the sign of a great songwriter," he says. "Even though there

might be some personal messages in there for Leonard himself, people were able to make it their own. The melody is hauntingly beautiful."

Cohen once expressed mild exasperation with its newfound popularity. "I think it's a good song, but I think too many people sing it," he told the

CBC in 2009.

Page says he agrees that performing Hallelujah has become a bit of a cliché.

"At the end of the day, those clichés happen because they affect people over and over again," Page says. "They get punched in a gut by something in a song and can't even articulate it. That's what great songs do, they articulate a feeling for us."

THE CANADIAN PRESS



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Borussia Dortmund's Hans-Joachim Watzke says "it was no joke" and "not a marketing move" to have Usain Bolt practise with the Bundesliga team



## Eskis give Ticats the boot

CFL PLAYOFFS

### White sets tone for Edmonton with 160 rushing yards

John White wants to return to the Grey Cup the right way.

White ran for 160 yards and two TDs to lead the Edmonton to an exciting 24-21 East Division semifinal win over Hamilton on Sunday. Sean Whyte kicked the game-winning nine-yard field goal with seven seconds remaining after Kenny Ladler's interception gave the Eskimos possession at the Tiger-Cats' 20-yard line.

Ladler's interception also won him the team pool for top defensive play of the game.

White was Edmonton's best answer to the stiff southwest wind that gusted up to 40 km/h throughout the contest. And that was no accident as the Eskimos boasted the CFL's second-leading ground attack this season (103.7 yards per game).

The five-foot-eight, 186-pound White reluctantly watched Edmonton's Grey Cup-winning run last year because of an Achilles injury. Healthy again, he's anxious to be a key cog in the Eskimos' title defence.

"Man it feels great," White said. "I'm not going to get too into it but I just want to take care of the next game and try to get to that Grey Cup the right way."

Amazingly, White was nearly a pre-game scratch. He said he suffered a dislocated finger catching passes prior to the opening kickoff but fortunately was able to have it reset.

"I'm proud of our football team but man, John White, I probably can't be more proud



Sean Whyte kicks the winning field goal against the Tiger-Cats in Hamilton on Sunday. PETER POWER/THE CANADIAN PRESS

of a guy than him because of that injury he came back from," said coach Jason Maas.

Edmonton will visit the Ottawa Redblacks in the East Division final Sunday with the winner advancing to the Grey Cup game Nov. 27 in Toronto.

Hamilton made it interesting in the fourth with the wind. Brett Maher's 85-yard kickoff single with 4:01 remaining tied it 21-21, further energizing a Tim Hortons Field sellout of 24,182 still buzzing after Zach Collaros hit Brian Tyns on the two-point convert following Jeremiah Masoli's two-



yard TD run at 10:29.

It was set up by Jermaine Robinson's recovery of Maher's 36-yard onside punt at the Edmon-

ton 36. However Hamilton was its own worst enemy.

Masoli was stopped short on third-and-1 at the Edmonton 33 with the wind before having to settle for Maher's 24-yard field goal at 14:41 of the first despite driving to the Eskimos' 12-yard line. Hamilton took over at the Edmonton 27-yard line in the second thanks to Chris Davis's blocked punt but Maher missed from 35-yards out.

And late in the fourth, the Ticats launched an unsuccessful challenge looking for a late Odell Willis hit on Collaros.

"All those plays mattered," said Ticats coach Kent Austin.

Collaros was 20 of 31 passing for 236 yards with the interception. Tyns had 10 catches for 114 yards — both game highs.

Edmonton finished without starter Mike Reilly, who suffered an upper-body injury in the fourth on a rushing play. James Franklin replaced Reilly, who made it crystal clear afterwards that he'll start next weekend in Ottawa.

"I have no doubt, no," said Reilly, who was 10-of-19 passing for 133 yards. THE CANADIAN PRESS



Lions quarterback Jonathon Jennings, left, celebrates the game-winning score. DARRYL DYCK/THE CANADIAN PRESS

## Lions roar back on Jennings' legs

Jonathon Jennings looked left, then over the middle, and finally to his right.

With no one open, the pocket collapsing and his mental clock ticking down, the quarterback for the B.C. Lions chose to try and go it alone.

"It was crazy. I went through so many different reads," said Jennings. "Nothing was there." It turned out to be a wise decision.

Jennings broke a tackle from

hard-hitting Winnipeg safety Taylor Loffler to score his second rushing touchdown of the fourth quarter on a gutsy nine-yard scamper with 66 seconds left, as the Lions came back to defeat the Blue Bombers 32-31 on Sunday in a wild CFL West Division semifinal.

B.C. trailed 25-6 just before halftime. Jennings was intercepted on the second play from scrimmage and then fumbled deep in Winnipeg territory, but



the second-year QB rallied his team with a performance worthy of a veteran.

"I can't explain it," said Lions wide receiver Bryan Burnham. "It's so surreal watching him

out there playing.

"Some of the things he does ... I mean that last play was amazing."

Winnipeg was still alive after the Lions' two-point conversion attempt that would have put the hosts up by three failed, but rather than go for it on third and four from the B.C. 53 with 36 seconds left, the Bombers elected to try a 61-yard field goal from Justin Medlock that came up well short. THE CANADIAN PRESS

### IN BRIEF

#### Hot Cowboys melt Steelers

Ezekiel Elliott and the Dallas Cowboys just keep on rolling. Not even a fake-spike special from Pittsburgh Steelers quarterback Ben Roethlisberger could derail the hottest team in the NFL.

Elliott ran for 114 yards and two touchdowns — both in the final two minutes — and had an 83-yard catch-and-run for a score as the Cowboys pulled off a thrilling 35-30 victory on Sunday night for their eighth straight win.

THE ASSOCIATED PRESS

#### Blondin earns gold with narrow victory

Canadian speedskater Ivanie Blondin won gold in the women's mass start event on Sunday at ISU long track World Cup in Harbin, China.

Blondin, of Ottawa, finished first by 15 hundredths of a second over Italy's Francesca Lollobrigida. Blondin also won bronze in Friday's 3,000 metres.

THE CANADIAN PRESS



Ivanie Blondin  
GETTY IMAGES FILE

#### Hamilton prevails in Brazil, forces showdown for title

Three-time series champion Lewis Hamilton won Sunday's rain-delayed Brazilian Grand Prix in Sao Paulo, forcing a showdown for the season title with Mercedes teammate Nico Rosberg in Abu Dhabi in the finale in two weeks.

Rosberg could have claimed his first F1 title by winning on Sunday, but finished second instead.

THE ASSOCIATED PRESS

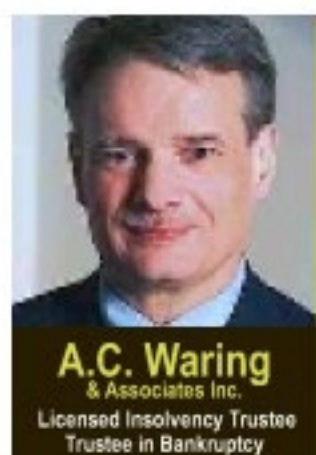
#### Edin makes it back-to-back Grand Slam titles

Sweden's Niklas Edin beat Scotland's Kyle Smith 7-3 to win the Tour Challenge on Sunday in Cranbrook, B.C., and take back-to-back Grand Slam of Curling titles on the season.

Edin earned his first career Grand Slam two weeks ago at the WFG Masters, becoming the first non-Canadian men's rink to win on the series.

THE CANADIAN PRESS





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## WEEKEND ANSWERS

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2	3	1	5	6	4	7	9	8
3	9	7	8	5	6	4	2	1
1	6	4	3	9	2	8	7	5
5	2	8	4	1	7	6	3	9
7	1	6	9	4	8	2	5	3
9	5	2	6	7	3	1	8	4
8	4	3	1	2	5	9	6	7

# McGregor makes history in NYC

UFC 205

## Irishman takes out Alvarez to become first two-class champ

Conor McGregor raised his arms in triumph before he stepped inside the cage, the cocky Irishman playing to a crowd going wild for UFC's greatest champion. McGregor packed fans to the Madison Square Garden rafters and drove them into a frenzy as he packed a vicious punch against Eddie Alvarez.

McGregor, 28, confidently knocked out the overwhelmed Alvarez in the second round to win the UFC lightweight title Saturday in the main event of UFC 205 on a record night. He dubbed himself this week the King of New York. Now, he's been crowned a two-class champ. "What's next for me," McGregor bellowed inside the cage. The easy answer: whatever the "Notorious" one wants. McGregor

dominated from the opening bell of the biggest card in UFC history — on pace to set an MMA pay-per-view record — and the sold-out crowd of 20,427.

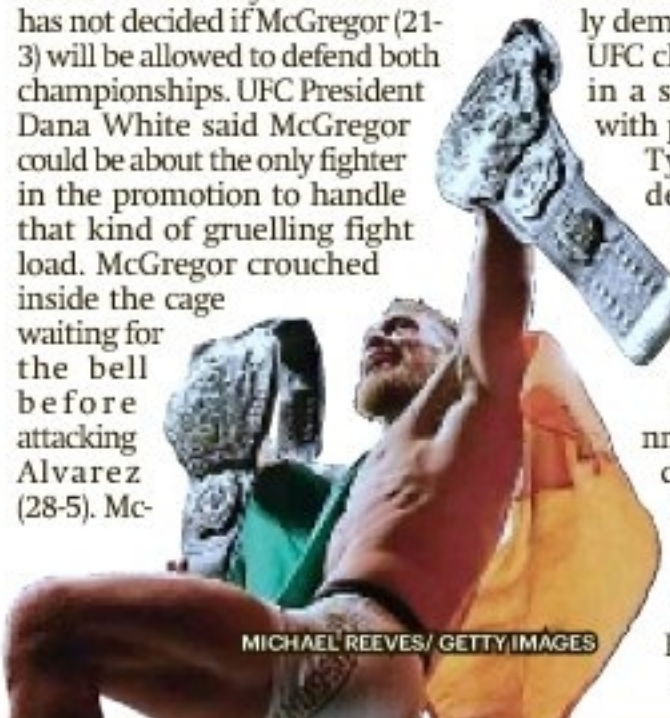
McGregor, also UFC's featherweight champ following a 13-second knockout of Jose Aldo, had predicted a fourth-round KO. Unlike UFC's laborious legal fight to reach New York, McGregor wouldn't make anyone wait. UFC has not decided if McGregor (21-3) will be allowed to defend both championships. UFC President Dana White said McGregor could be about the only fighter in the promotion to handle that kind of gruelling fight load. McGregor crouched inside the cage waiting for the bell before attacking Alvarez (28-5). Mc-

Gregor was the clear aggressor from the start, dropping Alvarez three times in the first round. McGregor forced Alvarez of Philadelphia to fight with his back to the cage and never absorbed a hard strike.

McGregor, UFC's biggest box-office star, unloaded a left and ended the fight at 1:52 of the second. McGregor lay waste to a battered Alvarez and brazenly demanded his second UFC championship belt in a speech peppered with profanities.

Tyron Woodley defeated Stephen Thompson via majority draw to retain his welterweight title in a fantastic fight and Joanna Jedrzejczyk successfully defended her UFC women's strawweight title with a decision win over Karolina Kowalkiewicz.

THE ASSOCIATED PRESS



MICHAEL REEVES/GETTY IMAGES



## NBA CURRY DRAINS 30 AS WARRIORS COPE WITH THE SUNS' HEAT

Golden State Warriors' Stephen Curry dribbles past Phoenix Suns' P.J. Tucker during the first half on Sunday in Oakland, Calif.

Curry led Golden State with 30 points while Kevin Durant netted 29 and grabbed 9 rebounds and Draymond Green racked up 11 assists. Eric Bledsoe top scored for Phoenix with 20 points.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

## IN BRIEF

### PGA Champions Tour ends with big victories for Langer and Goydos

Paul Goydos and Bernhard Langer got the big trophies and checks Sunday in the PGA Tour Champions' season-ending Charles Schwab Cup Championship.

Goydos completed a wire-to-wire victory in the tournament, and Langer finished second to win his third straight season points title and fourth overall.

THE ASSOCIATED PRESS

NASCAR

## Logano into Sprint Cup finals after win

After more than three hours of racing, NASCAR's championship field was decided over two frenzied overtime restarts.

Matt Kenseth probably should have won Sunday to earn an automatic berth into next week's title-deciding race. But the first attempt at a two-lap sprint to the finish went haywire and Kenseth collided with Alex Bowman.

Just like that, Joey Logano was the new leader and defending NASCAR champion

Kyle Busch was second. The two started the day tied in the standings, and any 1-2 finish would put them both in the final four at Homestead-Miami Speedway.

Logano won the race — the second time in this Chase he used a victory in an elimination race to advance — and will race for his first Sprint Cup title next Sunday. He'll be trying to give Roger Penske a season sweep during its 50th anniversary season. THE ASSOCIATED PRESS



# RECIPE Artichoke and Spinach Lasagna Roll-ups



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

You just won meatless Monday with brilliantly easy and gooey dish.

## Ready in 55 minutes

Prep time: 25

Cook time: 30

Serves 6

## Ingredients

- 1 box (13.25 oz) lasagne sheets, fresh, pre-cooked or cooked
- 2 cups tomato sauce
- 2 cups fresh baby spinach
- 2 cups ricotta cheese
- 1 cup grated Parmesan
- 1/2 to 1 (6 oz) jar artichoke hearts, drained
- 1 egg
- 1/2 tsp salt
- 1 cup grated Fontina cheese, divided
- 1 cup grated mozzarella cheese

## Directions

1. Preheat the oven to 350. Ladle thin layer of sauce on bottom of

a 9' x 13' inch baking dish.

2. In food processor, add spinach, ricotta, Parmesan, artichoke, egg and salt and process until you have a creamy mixture.

3. Create a rolling station by laying noodles out on a flat surface (lined with parchment) and mix Fontina and mozzarella in a bowl. Take a heaping Tbsp ricotta mixture and create a thin layer across the entire lasagna noodle. Sprinkle with Fontina and mozzarella mix.

4. Gently roll up noodle from one end to the other. Place roll-up seam side down in the prepared baking dish and repeat until all the lasagna noodles are filled.

Pour more tomato sauce over the tops of the lasagna roll-ups and sprinkle with remaining Fontina and mozzarella mix.

5. Loosely cover the baking dish with aluminum foil, and bake for 15 minutes. Remove foil, bake for another 15 minutes. Garnish with parsley if desired.

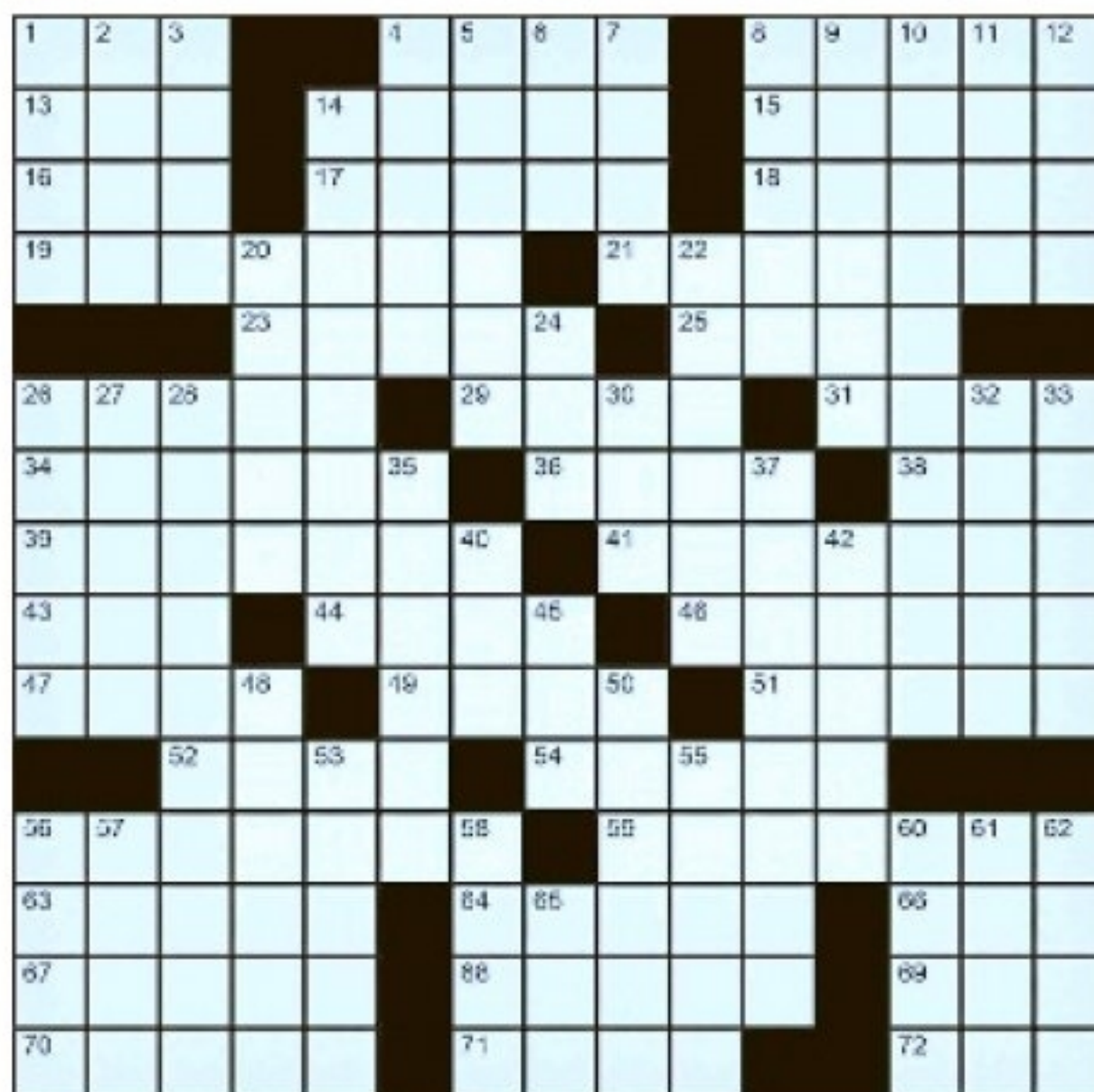
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. "Quite delicious!"
4. Filmdom's Cameron
8. Significant
13. Neil Young's "I \_\_\_ Child"
14. Mushrooms
15. Valley in Ontario depicted by The Group of Seven
16. CEO's deg.
17. NFL player in Baltimore
18. Grateful Dead's "\_\_\_ Jones"
19. "If I Needed \_\_\_" by The Beatles
21. Milk containers
23. Hagar the Horrible's dog
25. "Walking in Memphis" by Marc \_\_\_
26. Sunday's supper
29. Wrongdoing, in law
31. Amongst
34. Bring about
36. Newbie
38. \_\_\_ pedestal
39. The entire 12 months: 2 wds.
41. Factory job
43. "Case of the Ex" songstress
44. Ontario: 16 Wing Borden, the "Birthplace of the \_\_\_"
46. Rock band, Faith \_\_\_
47. Gus Van \_\_\_ (Director)
49. Radiohead frontman Mr. Yorke
51. Hoodwinks
52. Ms. Hatcher
54. Beau \_\_\_ (Gracious action)
56. Popeye's craving



59. Plucks one's eyebrows
63. Berry from Chile
64. Justin Bieber mentor
66. Sept., \_\_\_, Nov....
67. Driving about-face
68. Crucifixes
69. Surprised shout!

70. Clarified butters
71. Sassiness, in slang
72. Broom alternative

## DOWN

1. Tuber servings
2. Shield's cen-

- tre knob
3. Polite address for a lady
4. 1958: "Rebel-Rouser" by \_\_\_ Eddy
5. Reverse
6. "Pass" suffix
7. Atomic Number 30
8. Prefix to "biotic"

- (Type of diet)
9. Mystery writer Ms. Christie
10. American actor who stars on #14-Down (Trivial! He played Khal Drogo on "Game of Thrones"); 2 wds.
11. Mr. Reeves, Outdoor & Garden Ex-

- pert on "The Marilyn Denis Show"
12. Liotta and Romano
14. New original scripted series on Discovery Canada set during the 1700s fur trade of the New World
20. English class assignment
22. TV show like #14-Down, \_\_\_/Adventure
24. High society, Bon \_\_\_
26. Paper quantities
27. Songbook standard: "It's \_\_\_ Paper Moon"
28. East Coast ocean, en francais
30. Brit. fliers
32. Arm-\_\_\_
33. Comedian Mr. Cook's
35. Exerciser's acid in muscles
37. Icing-on-cakes appliers
40. "Yahoo!"
42. Host an event
45. Lighthouse aura
48. Time on the job
50. Manner
53. Claude of "Casablanca" (1942)
55. Ingrid Bergman, for one
56. Self-satisfied
57. Route
58. John of "The Elephant Man" (1980)
60. Move quickly
61. Canyon feed-back
62. Discontinue
65. Old French coin

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Because of the Full Moon, it's a crazy day with regard to spending money. Spend money on gas or food only. Take it easy. (It's for your own good.)

**Taurus** April 21 - May 21  
Today the only Full Moon in your sign all year is taking place, which is why relations with others might be tough. Don't make any important decisions.

**Gemini** May 22 - June 21  
There's no question that this is a crazy day at work. Chalk it up to the energy of the Full Moon. Easy does it. Postpone important decisions until tomorrow.

**Cancer** June 22 - July 23  
This is a curious day. It's a Full Moon day; however, it's also a creative day, especially for artists. Nevertheless, be patient with your kids.

**Leo** July 24 - Aug. 23  
Some Full Moons are easier than others. This isn't one of them. Be very careful when dealing with family members, as well as bosses, parents and VIPs.

**Virgo** Aug. 24 - Sept. 23  
This is an accident-prone day for you because of the Full Moon energy. It just means that you could be distracted because of anger or even laughter. Pay attention.

**Libra** Sept. 24 - Oct. 23  
This is a very poor day to make important decisions about inheritances or how to divide or share something. Postpone this kind of decision until tomorrow.

**Scorpio** Oct. 24 - Nov. 22  
Relations with partners and close friends will be dicey, because today the only Full Moon opposite your sign all year is taking place. This creates stress on your relationships with others. Have patience.

**Sagittarius** Nov. 23 - Dec. 21  
Things are a bit haywire at work today. Just do the bare minimum. Do not make any important decisions and do not volunteer for anything. Tomorrow is a better day.

**Capricorn** Dec. 22 - Jan. 20  
Romantic relationships might be strained today because of the Full Moon's energy. Don't take anything seriously. Be patient, forgiving and affectionate.

**Aquarius** Jan. 21 - Feb. 19  
This is a tough Full Moon for your sign because you are caught between the demands of home and family versus the demands of your job and your reputation.

**Pisces** Feb. 20 - March 20  
Pay attention to everything you say and do today, because the Full Moon energy can make this an accident-prone day. Be alert.

## CONCEPTIS SUDOKU by Dave Green

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